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NEW ADVERTISEMENTS

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EXTRACTS.

ATHLETICS AND WOMANHOOD.

It has been suggested to me that the effect of the athletic exercises now common among girls, if these are really beneficial, should have been to appear in the physique of the present day, and to show itself in greater light upon this question. To our own mind there seems good reason to believe in the generally beneficial effect of all such means of educating muscular power, if they be used in moderation. Besides their intrinsic property of increasing vigour and agility, they necessitate a greater freedom from the rigid restraints of dress which were usual twenty years ago. They inspire, moreover, a liberal allowance of fresh air, and by encouraging vital changes throughout the body, combat that dislike to food which is so common among young girls of fastidious habits. Thus in various ways their tendency is to strengthen and liberate the whole system. Therefore, we think, the little doubt that the woman who has grown up under this whole system of training is the fitter in consequence to bear the lot of her sex in married life. Her nerve will be stronger, her muscular power greater, and each natural function proportionately more active.—*Lancet*.

THE FIRST ENGLISH COUNTRY NEWSPAPER.

In 1695 appeared the first country newspaper as the *Lincoln, Rutland and Stamford Mercury*. The prospectus of one of these early country papers, the *Salisbury Postman*, "or packet of intelligence from France, Spain, Portugal, &c., September 27, 1718, ran thus: "This paper is a select abstract of the most material occurrences of the whole week, foreign and domestic, and will be continued every post, provided a sufficient number will subscribe for its encouragement. If 200 subscribers it shall be delivered to any public or private house in town every Monday, Tuesday or Wednesday morning, at 8 o'clock in winter, and 6 o'clock in summer for 12d. each. Besides the news, we perform all other matters belonging to our art and mystery, whether in Latin, Greek, Hebrew, algebra, mechanics, &c." By 1722 the number of provincial papers had increased to fifty. A vivid description of the state of the periodical press in the following extract from the "Collection for Husbandry and Trade," March 10, 1693: "The roads are filled with snow; we are forced to ride with the packet over hedges and ditches. This day seven-night my boy, with the packet and two gentlemen, were seven hours riding from Dunstable to Hockley. But one mile, barely escaping with their lives, being often in holes and forced to be drawn out with ropes. A man and woman were found dead within a mile hence, and six horses lie dead on the road between Hockley and Brickhill, smothered."—*Longman's Magazine*.

THIRST AND DRINKING IN HOT WEATHER.

So far as the mere question of thirst is concerned, there can be no question that it is a mistake to drink too much or too frequently in hot weather; the fluid taken in is very rapidly thrown out again through the skin in the form of perspiration, and the outflow being promoted by this determination toward the surface, a new and increasing demand for fluid follows rapidly, and the process of drinking and perspiring, with the result that "thirst" is made worse by giving way to it.

But if we refuse to drink when we are thirsty simply because we shall thirst again, we are imposing a restraint on the activities by which Nature is endeavouring to preserve the health. We are being precisely what the liberal homeopathic doctor, or, if we prefer, the chemist, would call a "thirsty" man. Thirst is a signal from the physiological standpoint, and that they will recognize that to thirst and drink, and perspire and drink again, are the natural steps in a process by which Nature strives to maintain the integrity of those organic changes which the external heat has a tendency to invade. The natural and trustworthy policy is to supply an adequate quantity of fluid without excess. Thirst is a signal, not a demand, and should be satisfied, not by abstaining from drinking, but by drinking, so as to allow time for the voice of Nature to cry "Enough." There is no drink so good as pure water. For the sake of flavour, and because the vegetable acids are useful, a dose of lemon-juice may be added with advantage. The skin should be kept cool, and so that a sufficient quantity of fluid should be taken by the kidney.—*Lancet*.

COL. BOWIE AND HIS KNIFE.

I noticed in the *Transcript* the other day the death of a son of the late Col. Bowie of the United States Army, which reminded me of an incident in the life of Henry Clay, I told myself that fifty years ago, I had known him, and I was interested in the present generation of our readers.

Mr. Clay was on his journey to Washington by the stage coach of those days, which was filled with male passengers with the exception of one lady. During the journey a stormy night, the windows were closed, and the lady, because very ill, asked the fellow if he would not cease smoking, which with an oath, he refused to do. Clay interfered, and only received insolence and abuse in return. The man declared that "he had paid for his passage, and if he did not like it he would leave."

In one corner sat a little man with a military cloak upon him, apparently fast asleep. He suddenly sprang to his feet, threw off his cloak and drew from his side a large knife, which he held over the man's head, offering him time to throw his cigar out of the window or he would kill him. The fellow at first gave him a bored defiant look, which was quickly followed by a look of terror, then one of fear, when he opened the window and threw out the cause of the trouble. The little man resumed his seat, wrapped his cigar around him and was soon asleep again. Not a word was spoken until the coach stopped, when the smoker, with a look of vengeance, got out and left the passengers to themselves.

"I have stood," said Clay to the little man, "with the sword in my hand, and I have seen death stare me in the face, but never before have I watched the scale when life and death were so equally balanced. Pray, sir, tell me who you are."

"I am Col. Bowie of the United States Army," he replied.

"This," said Mr. Clay, "was the origin of the term 'Bowie Knife.'"

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"I'm a great big boy now," and neatly all who want to see the great statesman are "over the garden wall."—*Letter to Editor of Boston Transcript, Nov. 8.*

AN ARMY CREATED IN A DAY.

When Prince Alexander arrived at Philippopolis last September, 1885, expecting to have the Turks marching in on him every day, he was very much disappointed to find that the Eastern Rumelian Army consisted of twelve weak and totally unorganized companies. Luckily there was a sufficient supply of arms in store, so at once he called out every male inhabitant between the ages of eighteen and forty, and soon had a mob of 35,000 men at his disposal. These he divided into "lots" of 1,000 each, which were numbered throughout, giving him thirty-five battalions. Then he took the few officers (Captains at the highest) that he found in this land, and gave them regiments and brigades. He next promoted all the non-commissioned officers to be officers, giving them command of battalions and companies in due order, and finally he promoted the whole of the private soldiers to be lieutenants. He then took the few officers, giving them command of battalions and companies in due order, and finally he promoted the whole of the private soldiers to be lieutenants. He then took the few officers, giving them command of battalions and companies in due order, and finally he promoted the whole of the private soldiers to be lieutenants.

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FOR SALE.

ANGLO-CHINESE CALENDAR.

FOR THE DESK.

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